

Alcoholics Anonymous (AA) Meetings		
#	Location & Meeting Type	Day, Date & Time
1	Fountain Valley (Hybrid Meeting)	Friday, July 14, 2023 @ 12pm
2	Fountain Valley (Hybrid Meeting)	Monday, July 24, 2023 @ 12pm
3	Fountain Valley (Hybrid Meeting)	Monday, July 31, 2023 @ 12pm
4	Fountain Valley (Hybrid Meeting)	Tuesday, August 8, 2023 @ 12pm
5	Fountain Valley (Hybrid Meeting)	Tuesday, August 15, 2023 @ 12pm
6	Fountain Valley (Hybrid Meeting)	Tuesday, August 22, 2023 @ 12pm
7	Fountain Valley (Hybrid Meeting)	Tuesday, August 29, 2023 @ 12pm
8	Fountain Valley (Hybrid Meeting)	Wednesday, September 6, 2023 @ 12pm
9	Fountain Valley (Hybrid Meeting)	Wednesday, September 13, 2023 @ 12pm
10	Fountain Valley (Hybrid Meeting)	Friday, September 22, 2023 @ 12pm
11	Fountain Valley (Hybrid Meeting)	Friday, October 13, 2023 @ 12pm
12	Fountain Valley (Hybrid Meeting)	Monday, October 16, 2023 @ 12pm
13	Fountain Valley (Hybrid Meeting)	Wednesday, October 18, 2023 @ 12pm
14	Fountain Valley (Hybrid Meeting)	Thursday, October 19, 2023 @ 12pm
15	Fountain Valley (Hybrid Meeting)	Thursday, October 26, 2023 @ 12pm
16	Fountain Valley (Hybrid Meeting)	Thursday, November 2, 2023 @ 12pm
17	Fountain Valley (Hybrid Meeting)	Friday, November 3, 2023 @ 12pm
18	Fountain Valley (Hybrid Meeting)	Tuesday, November 7, 2023 @ 12pm
19	Fountain Valley (Hybrid Meeting)	Wednesday, November 8, 2023 @ 12pm
20	Fountain Valley (Hybrid Meeting)	Monday, November 13, 2023 @ 12pm
21	Fountain Valley (Hybrid Meeting)	Monday, November 20, 2023 @ 12pm
22	Fountain Valley (Hybrid Meeting)	Wednesday, November 22, 2023 @ 12pm
23	Fountain Valley (Hybrid Meeting)	Monday, November 27, 2023 @ 12pm
24	Fountain Valley (Hybrid Meeting)	Thursday, November 30, 2023 @ 12pm
25	Fountain Valley (Hybrid Meeting)	Monday, December 4, 2023 @ 12pm
26	Fountain Valley (Hybrid Meeting)	Friday, December 8, 2023 @ 12pm
27	Fountain Valley (Hybrid Meeting)	Monday, December 11, 2023 @ 12pm
28	Fountain Valley (Hybrid Meeting)	Thursday, December 14, 2023 @ 12pm
29	Fountain Valley (Hybrid Meeting)	Monday, December 18, 2023 @ 12pm
30	Fountain Valley (Hybrid Meeting)	Wednesday, December 20, 2023 @ 12pm
31	Fountain Valley (Hybrid Meeting)	Wednesday, December 27, 2023 @ 12pm
32	Fountain Valley (Hybrid Meeting)	Thursday, December 28, 2023 @ 12pm
33	Fountain Valley (Hybrid Meeting)	Wednesday, January 3, 2024 @ 12pm
34	Fountain Valley (Hybrid Meeting)	Monday, January 8, 2024 @ 12pm
35	Fountain Valley (Hybrid Meeting)	Thursday, January 11, 2024 @ 12pm
36	Fountain Valley (Hybrid Meeting)	Tuesday, January 16, 2024 @ 12pm
37	Fountain Valley (Hybrid Meeting)	Wednesday, January 17, 2024 @ 12pm
38	Fountain Valley (Hybrid Meeting)	Monday, January 22, 2024 @ 12pm
39	Fountain Valley (Hybrid Meeting)	Tuesday, January 23, 2024 @ 12pm
40	Fountain Valley (Hybrid Meeting)	Monday, January 29, 2024 @ 12pm
41	Fountain Valley (Hybrid Meeting)	Thursday, February 1, 2024 @ 12pm
42	Fountain Valley (Hybrid Meeting)	Monday, February 5, 2024 @ 12pm
43	Fountain Valley (Hybrid Meeting)	Wednesday, February 7, 2024 @ 12pm
44	Fountain Valley (Hybrid Meeting)	Wednesday, February 14, 2024 @ 12pm
45	Fountain Valley (Hybrid Meeting)	Thursday, February 15, 2024 @ 12pm
46	Fountain Valley (Hybrid Meeting)	Friday, February 16, 2024 @ 12pm
47	Fountain Valley (Hybrid Meeting)	Monday, February 19, 2024 @ 12pm
48	Fountain Valley (Hybrid Meeting)	Tuesday, February 20, 2024 @ 12pm
49	Fountain Valley (Hybrid Meeting)	Wednesday, February 21, 2024 @ 12pm

NOTE:

- (1) In addition to the meetings at Fountain Valley (my home meeting), I also attend meetings on flying-sober.com which have meetings every hour on the hour. I was introduced to this website from another AA member. I have not tracked my attendance to these meetings since I attend them whenever I have some time (driving, lunch break).
- (2) I share in every meeting, and I am actively involved in the AA community.
- (3) I do the step work with my sponsor and attended step meetings.

Gamblers Anonymous (GA) Meetings		
#	Location & Meeting Type	Day, Date & Time
1	Anaheim (Virtual Meeting)	Monday, August 14, 2023 @ 6pm
2	Newport Beach (In person)	Thursday, August 17, 2023 @ 7:30pm
3	Anaheim (Virtual Meeting)	Monday, August 21, 2023 @ 6pm
4	Newport Beach (In person)	Thursday, August 24, 2023 @ 7:30pm
5	Newport Beach (In person)	Thursday, August 31, 2023 @ 7:30pm
6	Mexico (Virtual Meeting)	Monday, September 4, 2023 @ 7:30pm
7	Newport Beach (In person)	Thursday, September 7, 2023 @ 7:30pm
8	Mexico (Virtual Meeting)	Monday, September 11, 2023 @ 7:30pm
9	Newport Beach (In person)	Thursday, September 14, 2023 @ 7:30pm
10	Mexico (Virtual Meeting)	Monday, September 18, 2023 @ 7:30pm
11	Newport Beach (In person)	Thursday, September 21, 2023 @ 6:00pm
12	Newport Beach (In person)	Thursday, September 21, 2023 @ 7:30pm
13	Mission Viejo (In person)	Tuesday, September 26, 2023 @ 7:00pm
14	Mission Viejo (In person)	Tuesday, October 3, 2023 @ 7:00pm
15	Newport Beach (In person)	Thursday, October 5, 2023 @ 7:30pm
16	Newport Beach (In person)	Thursday, October 12, 2023 @ 7:30pm
17	Mexico (Virtual Meeting)	Monday, October 16, 2023 @ 7:30pm
18	Newport Beach (In person)	Thursday, October 19, 2023 @ 7:30pm
19	Mission Viejo (In person)	Friday, October 27, 2023 @ 7:00pm
20	Newport Beach (In person)	Thursday, November 2, 2023 @ 7:30pm
21	Mexico (Virtual Meeting)	Monday, November 6, 2023 @ 6:30pm
22	Prescott, AZ (Virtual Meeting)	Wednesday, November 8, 2023 @ 6:30pm
23	Mexico (Virtual Meeting)	Monday, November 13, 2023 @ 6:30pm
24	Newport Beach (In person)	Thursday, November 16, 2023 @ 7:30pm
25	Mexico (Virtual Meeting)	Monday, November 20, 2023 @ 6:30pm
26	Prescott, AZ (Virtual Meeting)	Wednesday, November 22, 2023 @ 6:30pm
27	Newport Beach (In person)	Thursday, November 30, 2023 @ 7:30pm
28	Mexico (Virtual Meeting)	Monday, December 4, 2023 @ 6:30pm
29	Newport Beach (In person)	Thursday, December 7, 2023 @ 7:30pm
30	Mexico (Virtual Meeting)	Monday, December 11, 2023 @ 6:30pm
31	Newport Beach (In person)	Thursday, December 14, 2023 @ 7:30pm
32	Mexico (Virtual Meeting)	Monday, December 18, 2023 @ 6:30pm
33	Prescott, AZ (Virtual Meeting)	Wednesday, December 20, 2023 @ 6:30pm
34	Mexico (Virtual Meeting)	Monday, December 25, 2023 @ 6:30pm
35	Mexico (Virtual Meeting)	Monday, January 1, 2024 @ 6:30pm
36	Prescott, AZ (Virtual Meeting)	Wednesday, January 3, 2024 @ 6:30pm
37	Newport Beach (In person)	Thursday, January 11, 2024 @ 7:30pm
38	Mission Viejo (In person)	Friday, January 12, 2024 @ 7:00pm
39	Prescott, AZ (Virtual Meeting)	Wednesday, January 17, 2024 @ 6:30pm
40	Newport Beach (In person)	Thursday, January 18, 2024 @ 7:30pm
41	Prescott, AZ (Virtual Meeting)	Wednesday, January 24, 2024 @ 6:30pm
42	Newport Beach (In person)	Thursday, January 25, 2024 @ 7:30pm
43	Mexico (Virtual Meeting)	Monday, January 29, 2024 @ 6:30pm
44	Newport Beach (In person)	Thursday, February 1, 2024 @ 7:30pm
45	Mexico (Virtual Meeting)	Monday, February 5, 2024 @ 6:30pm
46	Online @ https://gamblersinrecovery.com/ (Virtual Meeting)	Saturday, February 10, 2024 @ 2pm
47	Mexico (Virtual Meeting)	Monday, February 12, 2024 @ 6:30pm
48	Prescott, AZ (Virtual Meeting)	Wednesday, February 14, 2024 @ 6:30pm
49	Mexico (Virtual Meeting)	Monday, February 19, 2024 @ 6:30pm
50	Prescott, AZ (Virtual Meeting)	Wednesday, February 21, 2024 @ 6:30pm
51	Newport Beach (In person)	Thursday, February 22, 2024 @ 7:30pm

NOTE:

(1) I share in every meeting, and I am actively involved in the GA community. I have led meetings, and I have been the speaker of many meetings.

(2) I was voted anonymously to be the meeting leader for the biggest GA meeting in Orange County at Mariners Church which had a 6-month commitment. However, due to uncertainty surrounding my sentencing, I could not take on the role at that time. However, I am fully committed to becoming the meeting leader as soon as I am able.

(3) I do the step work with my sponsor and attended step meetings.

Addiction Therapy		
#	Provider & Meeting Type	Day, Date & Time
1	Suzanne Koch Eckenrode (Virtual Meeting)	Wednesday, August 9, 2023
2	Suzanne Koch Eckenrode (Virtual Meeting)	Tuesday, August 22, 2023 @ 10am
3	Suzanne Koch Eckenrode (In person)	Friday, September 1, 2023 @ 3pm
4	Suzanne Koch Eckenrode (Virtual Meeting)	Thursday, September 7, 2023 @ 2pm
5	Suzanne Koch Eckenrode (In person)	Thursday, September 21, 2023 @ 2pm
6	Suzanne Koch Eckenrode (In person)	Thursday, September 28, 2023 @ 2pm
7	Suzanne Koch Eckenrode (In person)	Thursday, October 12, 2023 @ 2pm
8	Suzanne Koch Eckenrode (In person)	Thursday, October 19, 2023 @ 2pm
9	Suzanne Koch Eckenrode (In person)	Thursday, November 2, 2023 @ 2pm
10	Suzanne Koch Eckenrode (In person)	Monday, November 13, 2023 @ 10am
11	Suzanne Koch Eckenrode (In person)	Monday, November 27, 2023 @ 10am
12	Suzanne Koch Eckenrode (In person)	Monday, December 11, 2023 @ 10am
13	Suzanne Koch Eckenrode (In person)	Monday, January 8, 2024 @ 1pm
14	Suzanne Koch Eckenrode (In person)	Thursday, January 25, 2024 @ 12pm
15	Suzanne Koch Eckenrode (Virtual Meeting)	Thursday, February 8, 2024 @ 12pm
16	Suzanne Koch Eckenrode (In person)	Thursday, February 15, 2024 @ 2pm

NOTE:

Completed the California Department of Public Health, Office of Problem Gambling treatment program for gambling disorder called California Gambling Education and Treatment Services (CalGETS). It consisted of 16 sessions.

Mental Health Therapy		
#	Provider & Meeting Type	Day, Date & Time
1	Ronald Uggle (Virtual Meeting)	Friday, January 27, 2023
2	Ronald Uggle (Virtual Meeting)	Tuesday, January 31, 2023
3	Ronald Uggle (Virtual Meeting)	Thursday, February 9, 2023
4	Ronald Uggle (Virtual Meeting)	Tuesday, February 14, 2023
5	Ronald Uggle (Virtual Meeting)	Thursday, March 9, 2023
6	Ronald Uggle (Virtual Meeting)	Thursday, March 16, 2023
7	Ronald Uggle (Virtual Meeting)	Wednesday, March 22, 2023
8	Ronald Uggle (Virtual Meeting)	Friday, April 7, 2023
9	Ronald Uggle (Virtual Meeting)	Wednesday, April 19, 2023
10	Ronald Uggle (Virtual Meeting)	Thursday, May 4, 2023
11	Ronald Uggle (Virtual Meeting)	Thursday, May 18, 2023
12	Ronald Uggle (Virtual Meeting)	Wednesday, May 31, 2023
13	Ronald Uggle (Virtual Meeting)	Monday, June 12, 2023
14	Ronald Uggle (Virtual Meeting)	Friday, June 23, 2023
15	Ronald Uggle (Virtual Meeting)	Thursday, June 29, 2023
16	Ronald Uggle (Virtual Meeting)	Thursday, August 3, 2023
17	Ronald Uggle (Virtual Meeting)	Tuesday, August 15, 2023
18	Ronald Uggle (Virtual Meeting)	Thursday, August 31, 2023
19	Ronald Uggle (Virtual Meeting)	Thursday, September 14, 2023
20	Ronald Uggle (Virtual Meeting)	Wednesday, September 27, 2023
21	Ronald Uggle (Virtual Meeting)	Wednesday, October 11, 2023
22	Ronald Uggle (Virtual Meeting)	Thursday, October 26, 2023
23	Ronald Uggle (Virtual Meeting)	Wednesday, November 8, 2023
24	Ronald Uggle (Virtual Meeting)	Tuesday, November 21, 2023
25	Ronald Uggle (Virtual Meeting)	Friday, December 8, 2023
26	Ronald Uggle (Virtual Meeting)	Thursday, December 21, 2023
27	Ronald Uggle (Virtual Meeting)	Wednesday, January 3, 2024
28	Ronald Uggle (Virtual Meeting)	Thursday, January 18, 2024
29	Ronald Uggle (Virtual Meeting)	Thursday, February 1, 2024
30	Ronald Uggle (Virtual Meeting)	Wednesday, February 14, 2024